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Navy Cancels Spring 2020 Fitness Cycle, Delays Advancement Exams

Story courtesy of Chief of Naval Personnel Public Affairs

In response to Department of Defense efforts to contain the spread of COVID-19, the Navy announced the delay of the spring Navy Wide Advancement Exams with NAVADMIN 069/20 and the cancellation of the spring 2020 Physical Fitness Assessment Cycle in NAVADMIN 071/20, released March 17.

The messages were released March 17 and 18 respectively.

The measures were taken to limit exposure of Navy personnel to the coronavirus by following guidance from Centers for Disease Control advising against large gatherings of people.

"With these exam date changes, the Navy Advancement Center (NAC) is focused on making sure no Sailor is disadvantaged in the advancements processes," said Tom Updike, deputy director of the NAC.

All enlisted advancement exams scheduled to be administered after March 17 are now rescheduled with the following administration dates:

• May, 21, 2020 – Cycle 247 (E-4 only)

Active Duty and Full-Time Support (FTS) regular NWAEs

• May 22, 2020 – Cycle 106 (E-4 through E-7) Selective Reserve (SELRES) NWAEs approved for late administration on the first available drill weekend after this date

•June 12, 2020 – Cycle 247 (E-4 through E-6) final date to administer substitute exams

The rescheduled dates result in no change to the advancement candidate's final multiple score or eligibility requirements. Eligibility dates remain the same as listed in NAVADMIN 284/19, no new candidates will be added because of the delay.

The delay in testing also means there will also be a shift to the right of advancement results. E-4 through E-6 Total Force advancements as well as Selected Reserve and Full-Time Support E-7 Selection Board Eligibility are anticipated to be released in July 2020. Results will be heavily dependent on commands



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promptly processing and returning answer sheets.

Navy officials also cancelled the Spring PRT out of an abundance of caution to ensure COVID-19 does not spread further to Navy personnel.

"Ultimately, the intent of the Navy's PFA and the associated physical readiness standards are to maintain a baseline level of physical fitness for Sailors," said Paul Rosen, acting director of the 21st Century Sailor Office, which oversees physical readiness policy for the Navy.

"This is a unique situation that calls for a unique response. We know the coronavirus is highly contagious, and unnecessarily increasing the risk of infection due to the close physical proximity required to complete the PFA is not in the best interest of our Sailors or our overall mission readiness." Commands that have already begun or completed the official PFA testing should stop immediately and take no further action in Physical Readiness Information Management System. Commands that have not started the PFA should not enter any data in PRIMS for Cycle 1 2020.

Commands are also directed to stop all organized or group physical training until further notice. This includes the Fitness Enhancement Program.

Sailors with a Soft End of Active Obligated Service before July 30 who are ineligible for retention or cannot submit a Career Waypoint application to reenlist because of PFA failures are eligible for a one-time extension, the message states.

A commanding officer's recommendation is required for the extension, which can't go beyond Sept. 30, 2020.

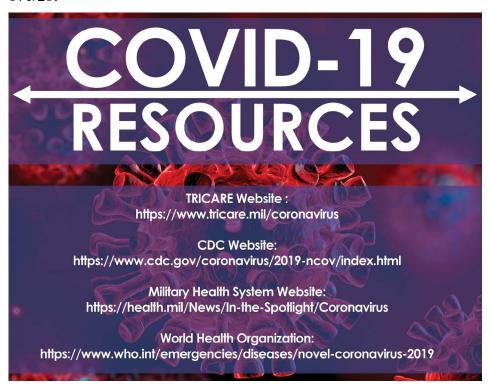
Additionally, all Navy commands are directed to immediately suspend all organized or group physical training, to include the Fitness Enhancement Program, until further notice.

Sailors not expecting not to participate in the spring Physical Readiness Test because they scored an excellent low or better on the fall 2019 PRT, will be required to participate this fall.

That's because NAVADMIN 141/17 states such exemptions are only valid for the following cycle only.

Sailors should be prepared to complete their PFA in the fall cycle.

More information is available in NAVADMIN 069/20 and NAVADMIN 071/20.



Navy Museums Temporarily Close

From Naval History and Heritage Command Public Affairs

Naval History and Heritage Command has directed all U.S. Navy museums to temporarily close to the public until March 31 as a precautionary measure to avoid large groups of people to help mitigate the spread of COVID-19.

The health and safety of museum visitors, staff and volunteers is a top priority. NHHC is closely monitoring the coronavirus situation and continues to follow guidance distributed by local health officials, Department of Defense, Department of the Navy, and the Centers for Disease Control and Prevention.

Despite the closure to the public, staff will be available to assist the public with any questions. Additionally, the public is invited to explore Navy history through the NHHC website by visiting www.history.navy.mil. This site also includes links to the museums.

Navy Museums affected:

- National Museum of the United States Navy (Washington Navy Yard, DC)
- National Museum of Naval Aviation (Naval Air Station Pensacola, Fla.)
- National Museum of the American Sailor (Naval Station Great Lakes, Ill.)
- Hampton Roads Naval Museum (Norfolk, Va.)
- United States Navy Seabee Museum (Naval Base

- Ventura County, Calif.)
- Submarine Force Museum/USS NAUTILUS (Sub Base New London, Conn.)
- United States Naval Undersea Museum (Keyport, Wash.)
- Puget Sound Navy Museum (Bremerton, Wash.)
- Naval War College Museum (Naval Station Newport, RI)
- United States Naval Academy Museum (U.S. Naval Academy, Annapolis, Md.)

Naval History and Heritage Command, located at the Washington Navy Yard, is responsible for the preservation, analysis, and dissemination of U.S. naval history and heritage. It provides the knowledge foundation for the Navy by maintaining historically relevant resources and products that reflect the Navy's unique and enduring contributions through our nation's history, and supports the fleet by assisting with and delivering professional research, analysis, and interpretive services. NHHC is composed of many activities including the Navy Department Library, the Navy Operational Archives, the Navy art and artifact collections, underwater archeology, Navy histories, 10 museums, USS Constitution repair facility and the historic ship Nautilus.

Navy Sets Coronavirus Transfer and Travel Rules: What You Need to Know

Stoery by MC1 Mark D. Faram, Chief of Naval Personnel Public Affairs

In the wake of the rapidly expanding world-wide coronavirus outbreak, the Navy has issued two administrative messages outlining new travel and transfer rules in effect until May 11.

The temporary change in policies is needed to protect Sailors, families and civilians while helping combat the spread of the virus.

In place now is a 60-day stop for non-mission essential travel -- impacting permanent change of station orders, temporary and training duty as well as personal leave and liberty within the continental United States and select areas overseas.

"Shipmates, the spread of the coronavirus is something that we are taking very seriously," Adm. Michael M. Gilday, the Navy's top uniformed officer said in a March 13 statement to the service.

"Our number one concern is the health and the safety of you, our Sailors – active and reserve, uniformed and civilian – as well as your families."

In addition, Gilday is urging command leadership to use all means available to prevent the virus from spreading in the ranks. As a result, he is "encouraging flexible work schedules and the use of telework -- all designed to slow the virus' spread."

The guidance comes in two separate messages.

NAVADMIN 065/20 released on March 14 declared an all stop on any movements inside the United States and updated official and personal travel rules. That message is an update to NAVADMIN 064/20 issued on March 12 which outlined the situation for overseas travel and transfers.

3

Both messages will remain in effect until May 11, unless rescinded earlier.

Navy Reserve personnel will follow guidance released by the Chief of Navy Reserves.

Here's what you need to know.

Transfers

Combined, the orders could impact more than 20,000 Sailors and their families slated to transfer during the next two months inside the United States and to certain overseas locations.

NAVADMIN 064/20 shut down for 60-days, all overseas Permanent Change of Station moves to or from countries which the U.S. Centers for Disease Control have issued Level 3 travel advisories.

As of March 16, CDC Level 3 warnings had been issued for all 29 countries in and around Europe, as well as South Korea, China and Iran. The message added the stop will also apply to any locations designated Level 3 in the future. Sailors slated to transfer to overseas CDC Level 2 advisory locations are still green-lighted to go. For now, service members will transfer first, with family members to follow in 60-days.

The CDC currently has a global Level 2 warning. This means all countries, worldwide are at risk. Sailors, families and military civilians should take necessary precautions – including avoiding non-essential travel to, from or inside effected areas.

The CDC is leading the U.S. Government efforts, regularly assessing the current risk of coronavirus and other diseases and issuing guidance for those residing in the United States about traveling abroad.

Ratings are numeric, ranging from one to three. Level 1 is a "watch" and urges travelers to practice usual precautions. Level 2 is an "alert" to practice enhanced precautions. Level 3 is a "warning" to avoid any non-essential travel to that location.

Sailors transferring overseas to CDC Level 3 countries, who have already detached from their last permanent duty station, will be held en route. Those with any questions about the impact on their own situation or their family members should contact either their chain of command, their detailer or the MyNavy Career Center for guidance.

The message also directs detaching and gaining commands to make every effort to reach already detached Sailors to ensure they are aware of the stop and direct them where to get help.

For Sailors being held en route, commands are being given wide latitude to use existing authorities, on a case-by-case basis, in order to decrease the financial impact to service

members because of this policy.

Sailors and Navy civilians returning home from Level 3 countries they've left within the past 14-days, must notify their gaining command and then self-quarantine for 14-days before resuming any official duties.

The guidance also encourages their dependents to follow suit. Here, too, commands are asked to use existing authorities to decrease any financial burden on Sailors.

However, those transferring between locations inside the United States, who have already detached from their previous duty station, are authorized to continue on to their final destination, including any intermediate stops.

The order does not apply to PCS Travel for Sailors who are retiring or separating during the next 60 days.

Official Travel and Training

During the stop, official travel for things such as meetings, conferences or site visits and even training is off, unless an exception is granted by higher authority.

One situation already approved is for health reasons, where Navy medical providers can travel with Sailors or family members in need of medical treatment.

Other exceptions are available, but only if such travel is deemed mission essential.

Those already underway on official travel can finish their trips and return home as scheduled.

Leave and Liberty Restrictions

The order doesn't impact local-area leave and liberty, which remain authorized.

It will be up to local commanders to define what travel limits should be for their own commands. They are expected to take into account that the intent of the travel restrictions is to protect Sailors, families and military civilians while limiting the spread of the virus.

Sailors with questions should ask their chain of command about how the stop movement order might impact any already scheduled or future leave and liberty requests. This is especially true if that travel is away from home.

Those already on leave as the policy goes into effect are authorized to return home when their leave expires.

Exceptions

Exceptions to the all stop for either transfer or official and personal travel are possible, but only when the movement is deemed "mission essential, is necessary for humanitarian reasons or warranted due to extreme hardship."

The Navy defines "mission essential" as "work that must be performed to ensure the continued operations of mission essential functions." For PCS travel, those exceptions must be approved by Navy Personnel Command.

Official travel or leave and liberty exceptions must be approved by the first flag officer or senior executive service (SES) in that individual's chain of command.

Anti-virus Efforts

All commands in the Navy are also being encouraged to put in effect policies to help limit Sailor and family member exposure to the virus. This includes using flexible work hours, alternating work schedules and telework.

That guidance comes from the highest levels.

way to prevent infection is to avoid exposure.

"For now, we must use an abundance of caution," Gilday said. "Keep an eye on your Sailors and continue to follow the guidelines of health officials, which includes washing your hands more often, avoiding public gatherings, and staying away from others if you're sick -- don't be a hero." All service members and their families, both in the United States and abroad, need to be aware that there is currently

People tend to be the most contagious when they are

no vaccine to prevent the coronavirus. This means the best

showing symptoms related to the coronavirus. However, there are reports of the virus spreading even before a person shows symptoms.

"Our understanding of the coronavirus is rapidly evolving," Gilday said. "We may have to implement further measures to combat the spread of this virus."

Getting Help

General information on impacts to Permanent Change of Station orders will be put out on npc.navy.mil, or reach us on Facebook at https://www.facebook.com/MyNAVYHR/. Impacted Sailors within 60 days of their PCS are currently being contacted by their detailers.

If a Sailor has not been contacted, they can access their detailer's information by logging on to MyNavy Assignment, or by going to the NPC website -- www.npc.navy.mil -- and clicking the "contact your detailer" link in the top left hand corner, or by contacting the MyNavy Career Center Contact Center at 833-330-MNCC(6622) or email askmncc@navy. mil. MNCC is open 24/7 and agents are standing by to connect Sailors with detailers.

Commissaries adjust shopping limits, implement 'No ID touching,' begin 100% ID checks and prepare for suspension of early bird hours

Story by Kevin L. Robinson, DeCA Public Affairs

The Defense Commissary Agency announced several operational policies to help stores better serve customers during the COVID-19 (coronavirus) outbreak.

These policies include the following actions:

- Effective immediately, a 100-percent ID card check at all commissaries, so that only authorized customers this includes disabled veterans with VHIC cards will be able to shop. While this policy is in effect visitors will not be allowed to enter the commissary. This is designed help with social distancing and crowd control. Children under 10 with their parents don't have to have an ID card.
- Effective March 15, to prevent customer-to-customer spread of germs, commissary cashiers no longer handle patron ID cards. Instead, customers will be asked to scan their own ID. Cashiers can use the handheld scanner if available or have the customer scan their own card.
- Effective March 19, all commissaries will suspend early bird shopping to allow more time to clean and restock the store.
- In a move to lessen panic-buying, the agency instructed its store directors worldwide to use their discretion in placing the shopping limits necessary to help maintain stock availability.

Rear Adm. (Ret.) Robert J. Bianchi, DOD special assistant

for commissary operations, announced the shopping limits policy March 14 in response to a growing number of customers engaged in unauthorized purchases for the purposes of resale or hoarding.

The shopping directive, effective immediately, gives store directors more authority to quickly tailor shopping limits, as required, to keep more products available for more customers, Bianchi said.

"These decisions should not contravene or override any restrictions or guidance provided by installation commanders," Bianchi said. "However, in the absence of installation commander direction, our store directors are now authorized to make local decisions as they deem necessary to control stock shortages through instances such as panic buying and unauthorized purchases for resale."

From the start of the COVID-19 outbreak, commissaries overseas – starting with stores in Italy, South Korea and Japan – instituted shopping limits on items such as hand sanitizers, disinfectants and toilet paper.

As coronavirus fears ignited a surge of customer activity worldwide, it became necessary for commissary officials to counter panic buying to take care of all customers, Bianchi said.

"Now our store directors have the flexibility to institute 5

shopping limitations if no directives exist," he said. "They still must inform base leadership when they are implementing these restrictions, but they can use my authority to move forward."

From a product availability standpoint, commissaries continue to work with their industry suppliers to support the needs of senior leaders on the ground at each location. This support manifests itself through increased deliveries to the commissaries that need it most. For overseas stores this means emergency airlifts of high-demand items to counter delays of shipboard supply containers.

"We know this is a potentially stressful time for all concerned," Bianchi said. "But together we will meet these challenges and support our service members and their families throughout the duration of this crisis wherever necessary.

"We always recommend to our customers that they calmly purchase what they need and avoid any panic buying to ensure products are available for others in their communities."

Preventing virus spread at stores

The "No ID handling" policy is just one of many actions stores are implementing to help prevent COVID-19 exposure, said James "Jay" Hudson, principal deputy director of DeCA's Store Operations Group.

"We consider the health and welfare of our customers and our employees our No. 1 concern," Hudson said. "Our stores are following the highest standards of the Department of Defense's health protection. This means we're using disinfectant cleaners to wipe down our checkout areas, restrooms and shopping carts frequently. We're also ensuring our associates practice routine hand washing and other basic sanitation measures to avoid spreading germs." Hudson also said DeCA encourages its employees to closely monitor their health, and asks them to stay home if they, or someone in their household, are sick.

Commissary customers should continue to refer to the Centers for Disease Control and Prevention's Coronavirus site for updates and guidance regarding this virus. Updates related to the commissaries can be found on DeCA's Coronavirus page.

THE PRESIDENT'S CORONAVIRUS GUIDELINES FOR AMERICA

DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.

Work or engage in schooling FROM HOME whenever possible.

IF YOU WORK IN A CRITICAL INFRASTRUCTURE INDUSTRY,

as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.

AVOID SOCIAL GATHERINGS in groups of more than 10 people.

Avoid eating or drinking at bars, restaurants, and food courts — USE DRIVE-THRU, PICKUP, OR DELIVERY OPTIONS. AVOID DISCRETIONARY TRAVEL, shopping trips, and social visits.

DO NOT VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance.

PRACTICE GOOD HYGIENE:

- Wash your hands, especially after touching any frequently used item or surface.
- Avoid touching your face.
- · Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

CORONAVIRUS.GOV

School operations can accelerate the spread of the coronavirus. Governors of states with evidence of community transmission should close schools in affected and surrounding areas. Governors should close schools in communities that are near areas of community transmission, even if those areas are in neighboring states. In addition, state and local officials should close schools where coronavirus has been identified in the population associated with the school. States and localities that close schools need to address childcare needs of critical responders, as well as the nutritional needs of children.

Older people are particularly at risk from the coronavirus. All states should follow Federal guidance and halt social visits to nursing homes and retirement and long-term care facilities.

In states with evidence of community transmission, bars, restaurants, food courts, gyms, and other indoor and outdoor venues where groups of people congregate should be closed.

DOD Implements Policy Change for Child Care Priorities

Story couirtesy of U.S. Department of Defense

On June 1, 2020, the Department of Defense will implement a policy change to the current priorities for child care. As directed by Defense Secretary Dr. Mark T. Esper in a memo signed Feb. 21, 2020, the department will afford priority access to military families. Beginning June 1, the military services may begin to officially notify families who face being supplanted. Once a family is notified, they will then have 45 days to find alternative care.

"The department's system of child care was established to assist service members as they face the unique challenges associated with the demands of military service," said Virginia (Vee) Penrod, acting assistant secretary of defense for manpower and reserve affairs. "Over time, child care access expanded to serve the total force, but we must not lose sight of the service member and mission requirements. We must ensure that our military members and families have the support needed in order to be mission ready."

Changes to the policy include clarifying situations where military families may supplant lower priority patrons when necessary. The age of the child and the waitlist at their respective center will determine if currently enrolled families will be impacted. These changes also clarify the definition of a working spouse, provide for ample notification in cases of discontinuation of child care, and provide authority to establish exceptions where mission requirements necessitate flexibility.

"We acknowledge this policy change presents a challenge for some families. The department is committed to ensuring our military members have the care they need to be mission ready," said Kim Joiner, acting deputy secretary of defense for military community and family policy. "Child care is an important component to a lethal and deployable force. Expanding access to quality child care remains a top priority for the department and the military services."

The department's request for care system, MilitaryChildCare.com, will continue to serve as the access point for all requests for care. Individual priority is verified at the time of enrollment and annually thereafter.

The Military Departments are developing operational guidance and will inform patrons when more information is available.

MilitaryChildCare.com is a secure DoD website providing a single gateway for families to find comprehensive information on military-operated or military-approved child care programs worldwide. With MilitaryChildCare.com, military families create an account and maintain a household profile they can access at any time from any location. By streamlining the child care search and request process, MilitaryChildCare.com makes it easier for military families to understand and assess their child care options and make more informed decisions about their child's care.

Due to current events,
the USO, MWR, and the
Fleet & Family Support
Center are either closed or
providing limited services
until further notice. Should
you have any questions
regarding upcoming events,
classes, or other concerns,
please contact the
appropriate organization.

Thank you!



Visit <u>www.navymwrgreatlakes.com</u> for more information



Fleet and Family Support Center Great Lakes 525 Farragut Ave, Bldg. 26 (847) 688 - 3603

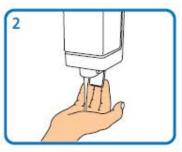
www.cnic.navy.mil/navylifema

Hand-washing technique with soap and water





Stand Navy out to sea, fight our battle cry;



We'll never change our course,



So vicious foe steer shy-y-y-y.



Roll out the TNT, anchors aweigh.



Sail on to victory



And sink their bones to Davy Jones, hooray!



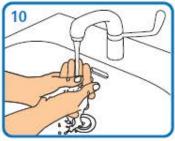
Anchors aweigh, my boys,



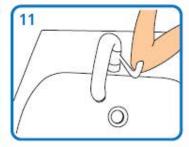
Anchors aweigh.



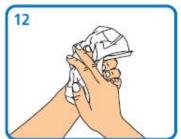
Farewell to foreign shores,



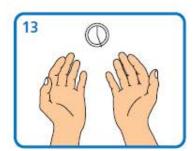
We sail at break of day-ay-ay-ay.



Through our last night ashore, drink to the foam,



Until we meet once more.



Here's wishing you a happy voyage home.

Navy Merges Sub Radio and IT Ratings

Story by MC1 Mark D. Faram, Chief of Naval Personnel Public Affairs

The rise of great power competition at sea has led to the Navy redoubling its efforts to own electronic warfare across the world's oceans - both above and below the surface.

That battle in the subsurface domain is getting a boost in the form of a rating merger, the result of which increases the Navy's undersea electronic warfare effectiveness while enhancing the force's ability to operate and maintain computer networks onboard its boats.

Starting this summer, one of the silent service's newest ratings – Information Systems Technician (Submarines), or ITS for short, will nearly triple in size as it merges with the fellow submarine rating Electronics Technician (Radio), known as ETRs.

"This merger will allow the Submarine Force to address concerns with ITS workload while simultaneously building our electronic warfare subject matter expertise," said Vice Admiral Daryl L. Caudle, Commander Submarine Forces. "Mastery of electronic warfare will be critical to the Submarine Force's contribution to the high-end fight."

The move, which has been in the works since the summer of 2019, is expected to take another year to be fully complete. On the manpower side, the 740-strong ITS rating will bring on-board the roughly 1,600 ETRs.

The end result will be an ITS general rating made up of two service ratings – one dedicated to communications, the other concentrating on electronic warfare. Both skill sets will share the workload of submarine information technology, too.

The merger decision was made after a multi-year manpower survey identified a need to increase the numbers of information technology specialists on submarines intersected with the need to beef up the ability for responding to emerging subsurface electronic warfare threats.

"Merging ETR into ITS as a service rating addresses both of these priorities," said Capt. Angela Katson, head of enlisted plans and policy for the Chief of Naval Personnel. "While raising the total number of Sailors available to perform localarea network maintenance and operations on submarines, it also creates a career path for Sailors to become specialized professionals in the electronic warfare mission area."

The move is in keeping with the Navy's Rating Modernization effort, part of the Navy's ongoing Sailor 2025 move. It is expected that the merger will eventually allow ITS Sailors

greater flexibility in duty assignments.

The move will be more than just getting a new rating patch for ETRs but bring with it a choice among two separate career paths. All Sailors in the combined rating will now get a new career path in either the ITS-Communications or ITS-Electronic Warfare service ratings.

These career paths will be distinct, each managed by separate training pipelines and NECs, and will have their own rating examinations as well as advancement quotas. Billets will be managed by NECs and aligned to enhance the career paths of our Sailors.

Sailors currently serving in ETR or ITS ratings will work closely with their community managers to ensure they are selected into the optimal career path.

"Sailors will be assigned by a combination of their desires and the needs of the Submarine Force," Katson said. "While every effort will be made to ensure that the Sailor's desires are met, ensuring a healthy future rating structure and future promotion potential is vital to the future health of all Sailors in the rating."

Once converted, all Sailors will be required to complete a qualification package that denotes their current skills and identifies what new training they need to come up to speed in their new duties and responsibilities.

The first E-4 through E-6 advancement exams will be given this coming fall. The first chief's exam will come in January, 2021.

For ETR Sailors converting in, they'll switch their rating badge to the iconic lightning bolts of both the ITS rating and surface Information Systems Technicians.

This historic mark has signified communications in the Navy since 2012, when it was first introduced for electrician's mates qualified as radio operators. The device was then a specialty mark worn on the lower uniform sleeve signifying the qualification.

When the radioman rating was created in 1921 the same lightning bolts were adopted for the uniform badge. In the late 1990's the radioman rating in the submarine force became ETR's. Meanwhile their surface counterparts merged with data processing technicians to create information systems technician.

More information can be found in NAVADMIN 066/20.

NCIS: Beware of Coronavirus-Themed Scams

Story courtesy of Naval Criminal Investigative Service Public Affairs

The novel coronavirus pandemic presents an opportunity for malicious actors to conduct spearphishing campaigns, financial scams, and disinformation campaigns via social media to collect sensitive information, steal money via fake donation websites, spread false information, and deliver malware to victims.

Several spearphishing campaigns since January have falsely represented various healthcare organizations, including the U.S. Centers for Disease Control and Prevention and the World Health Organization. In many cases, victims receive coronavirus-themed emails requesting the victim to open an attachment or click on a link to obtain details about the

coronavirus. Once a victim clicks on the attachment or link, they are directed to a malicious website requesting the victim to enter login credentials.

Law enforcement agencies have observed campaigns

se ceived hoax emails from what appear • Check for spelling

wherein victims received hoax emails from what appear to be the CDC requesting donations via Bitcoin to fund an "incident management system" in response to the coronavirus pandemic. Agencies also observed in February a spearphishing campaign targeting Japan-based Internet users with emails that appeared to provide information relating to coronavirus prevention. The emails included malicious Microsoft Office files that upon opening would initiate the download of a sophisticated Trojan known as Emotet.

U.S. officials have released statements advising Russia is likely behind coronavirus disinformation campaigns that are being spread via social media. Reports indicate thousands of Twitter, Facebook, and Instagram accounts

have been used to spread false information about the coronavirus pandemic.

Although there is no evidence that the Department of the Navy has been targeted, NCIS urges DON personnel to remain vigilant and use the following best practices to identify and avoid online scams:

- Use complex passwords, use different passwords for different services, and change passwords often.
- Go directly to a trustworthy website for information rather than clicking on email attachments, links, or pop-ups.
- Double-check a website address prior to typing it in as scammers typically slightly alter URLs so they closely

resemble a legitimate URL.

- Do not enter sensitive data such as username and password into websites that do not typically ask for it.
- Use multi-factor authentication whenever possible.
- Check for spelling and grammatical errors within the contents of emails or suspicious websites.
- Keep systems updated and running antivirus software.

If you have been targeted with this scam, please report it to NCIS using the NCIS Tips app or at www.ncis.navy.mil. NCIS is a federal law enforcement agency that investigates felony crime, prevents terrorism, and protects secrets for the U.S. Department of the Navy. NCIS employs approximately 2,000 personnel, including 1,000 federal special agents, in 41 countries and 191 locations around the world.

For more informationabout NCIS, visit www.ncis.navy.mil and follow NCIS on Facebook, Twitter, and YouTube.

For more news from NCIS, visit www.navy.mil/local/ncis/